

BUYING OR SELLING?
Your WISH is my Command!
CALL DIRECT
905 958.8491
JEAN HAAPAMAKI
Sales Representative
COLDWELL BANKER MOMENTUM REALTY
BANKER & BROKERAGE 905-462-0700

Pelham NEWS

Published by Osprey Media Publishing Inc. • Issue No. 29 Volume 14

Cindy Raskob
East Representative
caskob@royallepage.ca
www.CindyRaskob.ca
Hire... WITH CONFIDENCE!
ROYAL LEPAGE # 905-892-0222
905 321 8306

■ INSIDE
RURAL ROADS SMOOTHER

Sections of rural roads in Pelham will be a little smoother by the end of the month as crews contracted by the town repave and partially rebuild sections. It's part of the regular maintenance carried out by the town each summer.

See story page 3.

See Inside:

INSERTS Full Distribution



REDFERN

■ SERVICE: Sponsored by Fonthill Rotary Club



WAYNE CAMPFELL Staff Photo

Interact Club of E.L. Crossley Secondary School wraps up a busy year with a report to its sponsoring Rotary Club of Fonthill. From left are incoming president Charlotte Butko, treasurer Brianna Morgan, Rotary Club mentor Pat Duncan and out-going president Sarah Kerr.

Crossley's Interact Club reviews a busy year

WAYNE CAMPBELL
Tribune Staff

Rotary Club of Fonthill meeting Wednesday.

PELHAM - Sarah Kerr looked back on a year of giving to local and international programs at the

outgoing president of E.L. Crossley's Interact Club rolled through a PowerPoint presentation for Rotary members at its new Cafe

on Main location.

The Interact Club is a high school version of the Rotary Club. It has operated at Crossley since 1994.

Kerr said the past school year had its moments.

She was worried, for example, whether the club would find enough volunteers to cover 11 routes for its Halloween For Hunger drive.

see INTERACT | 5

ROOFING
Residential & Commercial
PERSONAL TOUCH
Home Improvements
Professional Work with a Personal Touch
2601 Hwy #20 EAST • FONTHILL 905-892-0177



In Today's Market You Need More
Than Just A Sign On Your Lawn...

*Debbie
Pine*
Sales Representative

I will find you a House
You can make it a Home

debbiepine@royallepage.ca
www.pinesold.com

**Get
Pine
-Sold**

ROYAL LEPAGE

Niagara Real Estate Centre, Brokerage
Independently owned and operated.

Bus: 905-892-0222
Sell: 905-321-2261

1023

upfront

■ COUNCIL: Legion past president

Don Cotter runs for Ward 2 seat

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM - Don Cotter, a 50-year Pelham resident and past-president of Royal Canadian Legion Branch 613, will run for town council in Ward 2.

Cotter, 61, is the first candidate in the two-member ward, which will have at least one vacancy in the Oct. 25 municipal election.

Ward 2 Coun. Sharon Cook will run against Mayor Dave Augsutyn for mayor.

Cotter and his wife Beth of 28 years have three grown sons and four grandchildren. He is a former volunteer firefighter with the Port Robinson fire department.

As a retired purchasing agent, Cotter said he is interested in how the town buys its stuff.

"They have recently started using purchasing orders, which is good," he said but "we would like to see the policies and guidelines for purchasing."

Cotter would review of staffing and use of consultants.

The number of staff is increasing but so it seems are the number of consultants, he said.

"You pretty well have to be on council to get information on these things," he said.

Cotter would like to see the town resolve the issue of land

the town bought at Regional Rd. 20 and Rice Rd.

"Either sell it or develop it," he said. "It's time to make a decision."

Cotter is a former minor league coach and referee who served on the Pelham Sports Council, was president of

P.E.I.'s amateur Slow Pitch League and was a member of the town council's ad hoc committee on recreation facilities.

He said he sees the benefit for the town of building a recreation complex with twin pads and a community centre.

Don Cotter

"The town has lost the Silver Stick tournament because of a lack of facilities," he said. "It brought a lot of money into the town."

However, financing a complex would require grant money from upper levels of government.

Until last year's federal and provincial infrastructure money became available, Cotter said the town had a plan record for finding grant money.

He is concerned after infrastructure spending ends, it could be in the same situation.

Another issue is aggregate

mining on the Fonthill Kame and whether too much agricultural land is being trucked out of the town," said Cotter.

He would also like to see recreational improvements in the Sulphur Springs area at the north end of the ward.

Ward 2 extends north from Forest Rd. It includes the north end of Fonthill above Regional Rd. 20 and spreads northward to Sixteen and Orchard Hill.

Cotter actually lives in Ward 3 on Sprucedale Cres, near the Ward 2 boundary of Haist St.

He said he used to live in Ward 2 and is happy with current Ward 3 councillors John Durney and Peter Papp. That's why he chose to run in Ward 2. "Besides councillors have to deal with all of Pelham," he said.

For more information Cotter's e-mail is cotter2@rogers.com.

So far, others who have filed to run for town council are in Ward 1, Coun. Debbie Urbanowicz and Larry Clark, and in Ward 3, Coun. John Durney.

The mayor and six councillors, two from each of the three wards, are elected by nomination on Sept. 10 with the election on Monday, Oct. 25.

He is concerned after infrastructure spending ends, it could be in the same situation.

wcampbell@wellandtribune.ca

■ WATER: First radio frequency reading coming in August

Meter replacement close to completion

MARYANNE FIRTH
PelhamNEWS Staff

PELHAM — Almost all of

Town council received an update Monday night on the \$34,386 water meter replacement program that is nearing completion.

The project, which began in April, includes the replacement of 3,118 meters by Neptune Technology Group.

"The new meters are a different design that can be read by a hand-held reader from the street. The high-tech devices eliminate the process of visually reading meters, recording results and preparing and sending bills out as soon as the meter is read. Data instead is read and processed almost instantly, with the billing process expected to take only a few days."

Neptune is working on schedule, having already replaced 98% of the meters, and the remaining 2% of the replacements completed within the next two weeks.

Also included in the project, as part of the town's in-house meter replacement program, are about 1,200

meters that required only a meter head replacement.

According to a town staff report, this program has been delayed because of inaccessibility to a call centre for replacement appointments, limited staff and limited meter availability.

Neptune's assistance has been requested in completing the remaining 2% of the in-house meter replacements to ensure the project is finished on time and within budget.

The first radio frequency reading is scheduled for the Aug. 31 billing, when all meters with radio frequency capability are expected to be installed.

Ward 2 Coun. Sharon Cook asked if the radio frequency meters would allow town staff to identify issues quickly and efficiently, without problems going unnoticed for months.

The water meter software packages readings every 40 sec-

onds, said treasurer Cari Pupo. If the meter is not functioning properly and possibly running non-stop due to leakage, the water billing clerk will contact the resident to try and identify the problem.

She said the town has stated the program has already identified significant findings of water loss, due to the old outside remote readers reading inside meters at a slower rate.

The 300 meter replacement input into the water billing system is set for July 30, ending April 30 resulted in \$34,386 in water loss adjustments — only 2% of the town's overall water loss factor.

Results of the August billing, when all meters are read, will be brought forward to town council.

As complicated as implementing the replacement program has been, Ward 3 Coun. Peter Papp said the project will pay for itself.

He credited town staff and water billing clerks for completing the project in a timely manner, and said the response from the public was "exceptional."

mfirth@wellandtribune.ca

64010

Lampman Funeral Home
724 CANBORO ROAD
FENWICK (905) 892-4701

**Our Family Serving Your Family
since 1911"**

HST Tax is effective July 1st.
In order to save on this tax
Pre-arrange your funeral before July 1st.
Call Irv or Terry at 905-892-4701



Irvine Muir



Terry Mikolasek



Wheelchair
Accessible

**13 Elizabeth Drive
SOLD In 2 weeks**

Christine Gazzola
Sales Representative
www.christinegazzola.com

RE/MAX 
Brokerage
905-323-7056
905-327-2026

Queensbury Securities Inc.
Gallant Financial Services
"Superior Service
and Advice
You Can Trust"
Stocks • Bonds • Mutual Funds • Insurance
Larry J. Gallant, Financial Advisor
1462 Pelham St. Unit 4
Fonthill, ON L0S 1E0
Office: 905-692-2100 Cell: 905-659-4617
larry.gallant@queensbury.com

■ ROADS: Regular summer projects

Sections of rural roads undergo resurfacing



Staff Photo

Over the next couple of weeks, eight sections of roads in rural areas of Pelham will receive a new layer of pavement, while five will undergo a deeper reconstruction. Top left, preliminary work for the reconstruction of Pelham St. in downtown Fonthill has begun. Crews are burying cable, which will eventually mean the removal of overhead wiring. The reconstruction project will extend from College St. to Broad St. Top right, this corner at Poth St. and Chantier Rd. will be reconstructed. Bottom right, crews have put down a fresh layer of stone at the corner at River Rd. and Cream St. with repaving to follow.

WAYNE CAMPBELL
PelhamNEWS Staff

If you're driving through the rural areas of Pelham during the next few weeks, expect to find road surfacing machinery in many roads.

The town's summer resurfacing program is under way on 15 sections of roads. The work is scheduled to be done by the end of the month.

"It part of our normal summer work," said Kelly Walsh, director of community and infrastructure services.

The resurfacing process includes the application of a single layer of bituminous surface treatment, as the town explains on its website.

The resurfacing includes: River Rd., from Niagara Central Airport to Cream St.; Staines Rd. from Welland Road to south limit; Luffman

Rd. from Sulphur Spring Dr. to Orchard Hill Rd.; Cream St. from River Rd. to Webber Rd.; Cream St. from Chandler Rd. to Sixteen St.; Poth St. from Sixteen St. to Sumner Rd.; Clare Ave. from Quaker Rd. to Pelham/Welland boundary; and Memorial Dr. from Sunset Dr. to Centre St.

"A reconstruction process includes the recycling of the existing road surface into aggregate, adding a layer of the road base by adding granular stone material, and the application of a double layer of bituminous surface treatment," the town says on its website.

The program includes: Eiffingham St. from Roland Rd. to Sixteen Rd.; Chandler Rd. from Church St. to Balfour St.; Chandler Rd. from Cream St. to 500 metres west of Eiffingham St.; Roland Rd from Cream St. to Centre St.

Roland Rd. from Sulphur Spring Dr. to 400 metres west of Sulphur Spring Dr.; Foss Rd. from Farr St. to Church St. and Centre St. from Sixteen Rd. to Killarney St.

Walsh said the use of the town's website, www.pelham.ca, to notify the public about road construction schedules and adjustments "has been working the way we expected it to."

The town is posting updates on the Halst St. reconstruction between Welland Rd. and Camboro.

"They are making really good progress," said Walsh with the road open to local traffic most evenings.

The removal of water and sewer lines, rebuilding the road and putting in sidewalks will continue well into the fall, he said.

The other major road project, a reconstruction of



Pelham St. from College St. to Board St., is in its preliminary stages with hydro and telephone crews burying lines.

The work is temporarily interrupting traffic.

More extensive work will begin in August and like Halst

St. will continue into the fall.

The \$1-million replacement of playground equipment in nine town parks is not moving along as fast as the installation company predicted.

Walsh said it ran into

weather issues, site condition problems and delays in receiving materials.

However, he said town staff expect work to go into the summer holidays and it could be done in the next week or so.

comment

■ readers' views

Good work at local hospital

Sometimes we hear negative comments about long waiting times and changes to our health care system. My family can vouch for the excellent care given to our family member by the emergency team and ICU staff at the Welland site.

On Wednesday, June 16, my husband arrived at the Welland site of the Niagara Health System with symptoms of a heart problem.

He was assessed immediately and taken into the emergency treatment section where he was

made comfortable by friendly and attentive nurses, and diagnosed by Dr. Joseph Vedova. Next stop was the ICU.

We are truly blessed to have this family medical community. During the next six days, we witnessed many acts of kindness, professional compassionate care, teamwork and their patience during my husband's difficult times.

Their helping hands were there when we needed them, and we are grateful my husband was given a second chance. A sincere thank you to all.

Beth Michael and family
Port Robinson

A waste of money

Widening Highway 20 east of Fonthill is a waste of money. In the section that has already been widened, there is a constant line of traffic in the left lane, leaving the right lane completely empty. If a driver does want to pass any vehicle, they are driving on the right — quite a dangerous practice. I'm a sun driver training schools teach the sensible "keep right except to pass" rule, but it seems to be forgotten by many after they pass the required road test.

David Fowler
Wainfleet

Frustrated with property progress

At a special meeting on June 15, council debated the future of the Town-owned property at the corner of Rice Road and Regional Road 20.

Council voted to "not dispose of any portion of the Town-owned lands in East Fonthill" until the resolution of three significant issues.



Dave Augustyn
MAYORAL VIEW

First, the lands must be converted from "Business Park" to other designations as per the Official Plan review.

You see, in 1997 the Town designated 59 acres at Rice and Regional Road #20 as "Business Park."

When the previous council started to rezone the property in 2005, they paid for it as if 17.9 acres were designated "Commercial" and with the intention of using most of the remaining for recreational uses.

Unfortunately, neither use is (or was) allowable in Business Parks.

And, while the previous council started to rezone the property, they stopped it in April 2008 as the demand of a majority Landowners Group.

Then, as had been forewarned, the Province locked-in any such "Employment Lands" (including Business Parks) in June 2006; the only way to "conserve" that designation is to "convert" it to "recreational" use.

The current Council began that work in 2008 and is on track to (hopefully) change it in the new Official Plan in September / October 2010.

Second, the Landowners Group must finalize the East Fonthill Seawall.

You see, the previous Council gave away control of the detailed planning process — called a "Secondary Plan" — to that majority Landowners Group in September 2006.

Despite this Council working as closely as possible with the Landowners Group and 2008 and 2009 promises of imminent completion, the Group didn't file a first draft until this June.

Now, the rest of the process should take until at least the spring of 2011.

see AUGUSTYN | A5

■ perspective



Wayne Campbell
EDITOR

You just think you're bored

There is no excuse for boredom in midsummer.

No how much youngsters and not-so-youngsters complain they have nothing to do, don't accept it. The range of "things to do" will make you dizzy, just check the Internet. At www.pelhamnews.ca the town offers daycamp, swimming, pads throughout the town, an extensive range of cycling and walking trails. A parent with kids could tour the parks. It would take half the summer to spend some time in each.

The Pelham Public Library, at www.pelhamlibrary.on.ca, has a busy summer laid out with reading clubs, a summer reading program, single events for toddlers, children and youth as well as a range of programs for adults of all ages.

The Niagara Peninsula Conservation Authority, www.npac.ca, has more than 30 conservation areas spread across the peninsula. Some offer specific summer activities.

If you want a summer project loaded with exercise, take on the challenge of visiting each of the 30 conservation areas. You can start at the St. John's Conservation Area just over the border in Thorold.

Right in the northeast corner of Pelham we have Shorthills Provincial Park, www.ontarioparks.ca. Its trails and scenery will keep you busy for many a summer's day. Check www.friendsofshorthillspark.ca for tips on what to do.

Niagara Region, www.niagararegion.ca, will guide you through the peninsula, provide you with tips on how to improve your health as well as guides to an extensive system of cycling routes.

If you want to be less active and more artistic, local artists such as Bev Sneth, www.bevsneth.com, or the Hughey Place www.bethhughey.org, or the artists at the Fonthill Music Academy, www.fonthillmusicacademy.com, will be delighted to sharpen skills.

If you want to overcome boredom, put your mind and body to it.

Benjamin Moore

NOW
BOOKING!

96 Hwy 20, Fonthill (beside Sobeys) 905-892-9977 • e-mail paintanddecorating@coopeco.net

Fonthill Paint & Decorating

For all of your Decorating Needs
Residential and Commercial Painting Services for 2010.
Hurry and book in order to take advantage of the
Home Tax Renovation Credit!



642915P

TSFA mistaken over-contributions

Our government introduced the Tax Free Savings Account (TSFA) as a part of our Budget 2008 — a flexible, registered, general-purpose account that allows Canadians to watch their savings grow, tax-free.

The Tax Free Savings Account is the most important savings vehicle since the introduction of the RRSP.

This is the first account of its kind in Canadian history. It provides all Canadians with a tax-free savings vehicle.

We have also been clear from the outset of this initiative that Canadians can contribute up to, and no more than \$5000 to their TSFA. 2009 was the first year of the program and the TSFA has been over-subscribed.

Approximately 4.7 million Canadians have taken out a TSFA since the program was initiated.

However, over the last few weeks my office has been made aware that of the nearly 4.7

million Canadians who have a TSFA, approximately 2% (70,000) have received a letter from the Canada Revenue Agency asking to provide further information about their accounts before June 30, 2010.

It seems that there was a legitimate break in communications with regards to how a TSFA is intended to operate.

Our government recognizes that there was some genuine confusion about the rules for the TSFA in its first year.

We determined that it may take time for some Canadians to learn about the program and for some financial institutions to properly inform their clients about this product.

Therefore we have decided to

extend this deadline from June 30 to Aug. 3, to allow ample time for Canadians to provide the necessary information about their accounts.

For the 2009 filing year, the first year of the program, we have taken the decision to waive the tax on excess contributions in cases where a genuine misunderstanding of the TSFA contribution rules occurred.

Our intention is to review each situation on a case-by-case basis and, where appropriate, waive taxes on excess contributions for 2009.

For instance, individuals who used their TSFA as a regular banking account in 2009, making deposits and withdrawals on a frequent basis, or who have transferred funds between TSFAs at different institutions, but whose contributions never exceeded the 2009 limit of \$5000, may not be required to pay the tax on excess contributions for this year.

see ALLISON | A5



Dean Allison
FROM THE HILL

INTERACT

High school 'service club' aims to do one big project a month

FROM PAGE A1

Fifty students stepped forward and they collected 2,500 pounds of various pre-made food, which went to Pelham Cares.

"Here's what 2,500 pounds looks like in my basement," she said, flipping up a photo of the event.

The outlined how the club assisted Crossley's Christmas Cheer program through which the school adopted 40 families. The students went shopping for gifts, diapers,

tooth paste and other items to fill Christmas hampers.

To assist in emergencies around the world, the club asked for donations from members for shelter kits. Each unit contains a tent, bedding and supplies to house a family in an emergency.

The Interact club raised enough money to finance two shelter boxes, Kerr said.

"The students were even throwing in \$20 bills," she said.

Other projects included a Polos For Polio drive that

encouraged students to wear polo shirts and donate to End Polio Now.

The shirt day brought in \$1,000 and spotlighted a medical condition.

"Many thought polio was ended," she said.

The club arranged for funding and shipment of seven Pillows For Troops in Afghanistan after hearing a story about a mother who lost a son.

In introducing the new executive of the club, Kerr said

it will make a shift this year.

The new president Charlotte Butko is a Grade 11 student rather than Grade 12. The change will provide two years of experience.

Butko said the club will make a strong effort to draw members from all grades.

Kerr has graduated from Crossley and will take nursing at the University of Western Ontario in September.

The new treasurer Brianna Morgan said the club faces an immediate financial chal-

lenge, finding money.

It donated to Haitian earthquake relief near the end of the term. Fonthill Rotary Club member Sue Duncan said the Interact Club is set up like a Rotary club with rules of operation.

"It tries to do a project each month," she said.

"They are a very reliable group," she said. "The school administration uses Interact to spearhead projects such as the Christmas Cheer program, which the school has

run for a number of years."

Duncan called the Interact members "amazing kids who get things done."

The rotary club wants to encourage the Interact of the community so parents are aware of it when students talk about joining, she said.

The Rotary club also sponsors an elementary school club, EarlyAct, at A.K. Wigg public school.

www.mpcellie@wellandtribune.ca

AUGUSTYN**FROM PAGE A4**

Third, the decision on the property's use should be finalized until council considers the recommendations of the Recreational Facilities Committee. While anticipated this past May/June, the Committee is now not expected to review the business and annual draft report until September; the earliest council

consider it would then be October 2010.

As I stated during the meeting, I am extremely fortunate to be part of this process. I believe that these planning issues should have been taken care of before the property was purchased; for example, the current Council rezoned property before we completed its purchase for the new fire Station #2. I also never imagined it would take so

long to test the business case and answer all the community's questions about the need and costs for new fire stations.

Please be assured that I will continue to keep you informed on these matters.

You may contact Mayor Dave Augustyn at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.com.

CONTRIBUTIONS

If no additional information is provided or you do not contact the CRA, a notice of assessment will be issued.

Only at that time should you use the request for

taxpayer relief form or a formal notice of objection.

If you have questions about your TFSIA, you are encouraged to contact the CRA at 1-800-959-8281 or visit our Web site at: www.cra-arc.gc.ca.

Pelham News
Your #1 Source for
Local News Coverage
and More!



Pelham News
is a member of
The Ontario Community
Newspapers Association

Flavourland
MEAT PRODUCTS

ROASTING PIGS
25-60 lbs.
Order Now!

| | |
|---------------------------------|--|
| ITALIAN SAUSAGE PATIES | Mild Italian, Hot Italian, Honey Garlic, Sundried Tomato & Basil, Sundried Tomato & More! 1lb. boxes for only \$19.95! |
| BALL PARK HOTDOGS AND FOOTBALLS | 3lb Package \$6.95 ea. 9lb case only \$15! |
| HAMBURGER PATIES | 24 oz. Bear Paw Pattie 4 oz. Standard Pattie 6 oz. Arabian Spice Pattie 10lb Case Only \$19.95!! |
| MEATY PORK RIBS | 24 oz Average each ONLY 2.99 lb!! SMOKED SIDE RIBS 1.99 lb!! |

Buy Local!

at **Gallaghers**

FIREWOOD **Farm Market** **& Garden Centre**

www.gallaghersfarmmarket.com

SUPPORT YOUR LOCAL FARMER!

FIELD TOMATOES NOW IN!

- LOCAL STRAWBERRIES • LOCAL BLUEBERRIES
- LOCAL PICKLES • LOCAL POTATOES
- LOCAL ENGLISH CUCUMBERS • LOCAL SPINACH
- LOCAL CAULIFLOWER • LOCAL PEAS • LOCAL CABBAGE
- LOCAL APRICOTS • LOCAL PEAS • LOCAL STRAWBERRIES
- LOCAL EARLY GOLDEN PLUMS
- LOCAL JUMBO RADISHES • LOCAL LEAF LETTUCE
- LOCAL BUNCH BEETS • LOCAL YELLOW & GREEN BEANS

**NOW IN!
LOCAL SWEET CORN**

- COW MANURE
 - SHEEP MANURE
 - TOP SOIL
 - GRASS SEED
 - 3-WAY MIXES
 - BULK SOILS ... **\$35.00 YD.**
- *NO DELIVERY IN AREA

FRESH LOCAL PIES • FIREWOOD

346 HWY 20 WEST, FONTHILL (BESIDE E.L. CROSSLEY S.S.)
905-892-0698 • OPEN 7 DAYS A WEEK • 7AM TO 9PM

THURSDAY NIGHT CONCERTS



WAYNE CAMPBELL Staff Photo

One of the largest crowds of the Thursday Night Concert series season covered the hill around the Fonthill Bandshell to hear Bill Culp's 50s Rock 'n' Roll Extravaganza on July 15. In the centre photo, the members of Bill Culp's '50s Rock 'n' Roll Extravaganza thrill the audience on a warm summer night. At right, a performer from the group mixes with young dancers at the Fonthill Bandshell. The July 22 show features Fonthill entertainer Lindsey Mills followed by Johnny Cash & Friends, Jim Yorlido's tribute to the Man in Black on July 29. Thursday Night concerts continue until Sept. 9 in Pelham Peace Park.

What is the importance of healthy eating for denture wearers?

The relation between significant tooth loss and the ability to chew fresh fruits, vegetables and meats, has a great impact on the nutritional value of one's diet. Toothless or partially edentulous individuals are at a higher risk of malnutrition. Edentulous individuals with poor nutrition intake may be at higher risk for a variety of diseases. For example those who consume little vitamin A are at a higher risk for various forms of cancer, heart disease and rheumatoid arthritis. Similarly the dietary deficiencies of vitamin E are associated with various cancers, heart and Parkinson's Disease and low vitamin C and thiamine levels lead to a reduced immune system function, cardiovascular disease, hypertension and nausea, constipation as well as appetite and weight loss. Another ill effect of a low nutrient diet is a loss of muscle mass and strength caused by inadequate intake of protein, which could further increase frailty. An increased intake of fat and cholesterol observed in toothless patients have been associated with obesity, diabetes mellitus, as well as arteriosclerosis.

What can I do to prevent any of this happening to me?

Considering the vast implications of a low nutrient diet, it is worth acknowledging that nutritional balance and good health can be significantly improved and restored with the use of a well made denture, and a vitamin supplement regime planned by your doctor. A well made denture, will allow you to introduce back into your diet all the nutritionally loaded foods such as fresh fruits and vegetables, proteins and nuts that were avoided when chewing with an ill-fitting, poorly designed denture. Individuals with implant supported dentures, greatly improve their food choices by including more hard to chew foods that are rich in nutrients, therefore greatly improving their health status.

To switch to a more balanced diet may be as easy as having well fitted dentures, that allow for improved chewing and grinding function. The ability to better chew fruits, vegetables, meats and nuts will increase your nutrient intake and may decrease your risk of various disease. For more information see your Denturist.

*Call For FREE Consultation
905 788-9676*

5-547 Thorold Rd., Welland
Corner of Thorold & South Pelham
DAN GRABOWSKI DD



ADVERTISEMENT

Do you know someone who would like to receive the **Pelham News** by mail?



The **Pelham News**
Now Available by Mail
EVERY WEEK!

Subscribe for:
\$25.00 for 6 months
\$49.00 for 1 year



74,000 kms. Leather, power front & rear moon roof. All the goodies. \$23,995. Trade welcome



131,000 kms. Auto, air, CD, power locks, remote, tow bar, leather, sunroof. Big fresh tires, tow package, 4x4. \$17,995. Trade welcome



Vanilla White. 3.5 liter, auto, 53,000 kms. \$18,995. as low as \$100 down, \$197 bi-weekly, taxes included. No security deposit, ready car financing available. One hour delivery welcome



Only 65,000 kms. Backsets with console shift, tow pkg, big wheels. \$21,995. \$100 down, \$197 bi-weekly, taxes included. One hour delivery welcome



Jade, black on black, 10+200 kms. Fully equipped, all chrome accents. \$14,995. \$100 down, \$197 bi-weekly, taxes included. One hour delivery welcome



CLS, Marine, soft top, CD, tempco, 40,000 kms. all white with chrome accents. 2 black gts. Fresh NEW tires. Non-smoker. \$16,995. or purchase as low as \$900 down, \$197 bi-weekly, taxes included. One hour delivery welcome

Financing: \$14,000 over 60 month term open - \$199 administration fee + PIT & SET. At low \$100 down, pay every \$174 bi-monthly terms included (OAC). Monthly monthly payments variable. Sales and payments may vary. Charging arms

The Truck Specialists™

Niagara Auto Sales - #1 Used Truck Centre • Welland • niagaraautosales.com • 905-735-6023

NIAGARA

■ ENVIRONMENT: Machines dredge PCB-contaminated muck out of Beaverdams Creek

Digging up toxic history in Thorold

MATTHEW VAN DONGEN
QMI Agency

THOROLD — You can just glimpse a view of one of Thorold's biggest toxic site cleanups from the bike path along the Welland Canal.

An excavator was busy Tuesday digging out the Beaverdams channel between Lake Gibson and the canal, removing up to 6,000 cubic metres of muck contaminated with PCBs almost half-century ago.

"I think it's wonderful that we're getting this stuff out of our creek, out of our potential water supply," says Fred Neal. Fred Neal: "PCBs are not a good thing to have in the environment."

The hidden polychlorinated biphenyls date back to the 1960s, when the Georgia-Pacific plant on Allanburg Rd. recycled carbon-black paper to remove the once-toxic industrial chemical compounds. PCBs are toxic to humans and wildlife and were banned from products in the early 1970s.

A study ordered by the provincial Ministry of the Environment in 2004 found high levels of the dangerous chemicals in Beaverdams Creek.

Georgia-Pacific pitched a remediation plan that began in 2008, with machines dredging about 300 metres of the creek on company property and removing more than 3,000 cubic metres of contaminated sediment.

The second phase of the cleanup is now underway, with another 6,000 cubic metres of sludge scheduled to be excavated

I think it's wonderful that we are getting this stuff out of our creek, out of our potential water supply."

Fred Neal
Thorold city councillor

from an 800-metre section of the Beaverdams channel, placed in specially lined trucks and transported to a landfill designed to hold hazardous material.

A hi-tech mobile treatment plant is being used to clean water separated from the contaminated sludge.

"It's really something to see," said Rich Vickers, who heads the local MOE office. "It's a very significant cleanup.... The company has really stepped up to the plate."

Vickers said the cleanup is the culmination of a years-long ministry search for historic contamination in Two Mile Creek and its feeder waterways.

He said the discovery of high levels of PCBs and other contaminants in 2004 "really kickstarted" the search in Beaverdams Creek, which is eventually siphoned under the Welland Canal and pumped into the lake.

Vickers said the ministry is still on the lookout for age-old pollution in Two Mile Creek and its watershed, but he added the Beaverdams Creek contamination "is one of the more significant sources."

Thorold Mayor Henry D'Angel

said the cleanup ranks among the biggest historic remediation efforts in the city of Thorold.

But it's not just Thorold residents who should be eager to keep pollution out of Lake Gibson, Nealie added.

The man-made lake is the backup source of drinking water for the Decew treatment plant, which also feeds parts of St. Catharines, Niagara-on-the-Lake and Jordan.

A risk-assessment completed by Ontario Power Generation earlier this year recommended posting signs around the lake warning against boating and swimming in the lake, or eating certain types of fish.

"It may say no fishing, but people have been fishing there forever, and they're not going to stop now," Nealie said. "With this (cleanup), at least we're ensuring the problem isn't going to get any worse."

Most of the digging should be completed by the end of this year, but restoration work like tree planting may happen next spring, said Melodie Ruse, a spokeswoman for Georgia-Pacific.

Ruse said a timeline and question-and-answer pamphlet on the remediation work was mailed to area residents earlier this year.

The pamphlet said area residents might notice an odour associated with the removal of mud and debris from creek bed, but the work won't pose a danger to people or wildlife.

Vickers said ministry staff will make regular visits to the site to keep tabs on the cleanup.



JULIE JOCSAK QMI Agency

Work continues on the Beaverdams Channel, cleaning up soil laden with PCBs.

Pelham News
Check out our
Career
Opportunities
in the
Pelham
Classifieds

THE Whisk & Ladle

Be a guest at your own party! Let The Whisk & Ladle cater your Summer events:
Summer Salads, Beautiful Hors D'oeuvres Platters and so much more!

The Knife & Fork Garden Cafe

Lunch is served Wednesday to Saturday 11:00 am-3:00 pm
Sunday 12:00-3:00 pm

We invite you to come down and enjoy a gorgeous summer lunch
inspired by local Niagara ingredients!

Take-out available. Call for reservations: **905.892.9262**

thewhiskandaladle.ca
NEW HOURS: Tuesday - Saturday: 10 am to 5 pm • Sunday: 12 noon to 4 pm
306 CANTBRO RD. LOCATED IN THE SHOPPES OF RIDGEVILLE 905-892-9262

SHORTHILL'S Villa
RETIREMENT COMMUNITY
In downtown Fonthill, Ontario
A Big Decision... Simple Answer.

OPEN HOUSE
July 18, 24, 25
12-3
Tour & Refreshments




Located in the charming community of
Downtown Fonthill, between the
cities of Welland & St. Catharines.
Close to all amenities!

We offer:

- Beautiful, spacious independent living accommodations with 24-care service. All-inclusive studio, one & two-bedroom suites – couples welcome!
- Tastefully prepared home-cooked delicious 5 nutritious meals.
- Caring Registered Nursing Staff provide all levels of senior care.
- Health advancement through an individualized physiotherapy program.
- Activity recreation programs.
- Fun games, exercise programs and craft rooms.
- Lovely surrounding gardens... and much more!

Call today to arrange your visit to our comfortable family-owned home.
905-892-5094
1532 Pelham Street North, Fonthill, Ontario
www.shorthillsvilla.ca info@shorthillsvilla.ca

■ OWENPALOOZA: July 30 event will fund a scholarship

Owen Harold's friends, family keep his memory alive

MARYANNE FIRTH
Tribune Staff

WELLAND — Owen Patrick Harold, 22, died on June 1.

The young golf player loved music, was a dedicated environmentalist and a one-of-a-kind friend.

He was only 22 when he lost his life in a September 2008 car crash, but those closest to him have ensured Owen's memory and his passions live on.

The second annual Owenpalooza benefit concert will take over Auberge Richelieu on Friday, July 30. The outdoor event will begin at 6:30 p.m., with a steady lineup of live entertainment including performances by The Cruz, Bratwurst Days, The Marans Project and headliners These Three Cities.

Proceeds will go toward a scholarship fund in Owen's

name at Notre Dame College School, of which he is a graduate.

Owen touched a lot of people in his community and beyond, said close friend and event co-ordinator Josh Learn. The lives he's touched are apparent in the more than 600 people who attended Owenpalooza's inaugural year.

This year's celebration falls just one day short of Owen's birthday, and organizers are anticipating the biggest crowd yet.

"It will be a major celebration," said friend Jordan Chiasson.

"It's not a sad day, it provides some sort of tangible relief."

Added Learn: "It's a day where old friends and loved ones celebrate his life, when everyone can come together to remember."

Friends and family remember Owen's love for all things eco-friendly, and similar to last year, have placed that at the centre of the event.

Organizers expect there will be collect no more than two bags of garbage, which was accomplished during the initial year.

Food, which is included in

the ticket price, will be provided by M.T. Bellies Tap & Grillhouse and The Rex Hotel.

Environmentally-friendly plants and seeds will be available and blue and green boxes on site to ensure everything goes in its rightful place.

Learn said several local businesses and service groups have worked to support the event, both this year and last, including the St. Catharines fire department, for which Owen's father Gord is a firefighter.

Organizers are still looking for businesses interested in making a prior donation or providing sponsorship. For more information contact Learn at 905-714-5989, or Alan Clarke at 289-969-4577.

Tickets for Owenpalooza are \$10 each and can be purchased at the door on the evening of the event, or in advance at M.T. Bellies, 1000 Belgrave St., Belgrave, or at 52 Niagara St. and The Shusle Patio, 5851 Victoria Ave., Niagara Falls. Owenpalooza T-shirts will be available at the concert for \$10.

Organizers have hired a taxi company to provide rides within the city free of charge, to discourage people from drinking and driving.

For more information, visit the event's Facebook page by searching for Owenpalooza 2010.

mjt@thewellandtribune.ca

Golf & Ride Special

For Two Golfers

\$70 Weekdays Only (no holidays) with this coupon

\$90 Weekends & Holidays with this coupon

Call for tee times today

Pelham Hills Golf Club
196 Webber Road, Pelham, Ontario
905-735-6768
www.pelhamhills.ca

GLENMOUNT MONUMENT BUILDERS

Niagara Region's Only Supplier of "Rock Of Ages" Sealmark Granite

Port Colborne
3114 Hwy 3 East
905-834-9587

Welland
301 Aquaduct St.
905-735-9717

STONECRAFT SINCE 1951 www.GLENMOUNT.CA

We'll give you something to SMILE about!

Norbert Gieger  **188-190 West St. Port Colborne** **905.835-2155**

FULL SERVICES PROVIDED • Emergency Dentistry • House Calls
• Free Consultation • Upper & Lower Dentures
• Some Day Repair • Radiant Service Available

LENNOX
HEATING & COOLING SYSTEMS
WE PAY HST FOR MONTH OF JULY
V.A. GOODMAN **905-834-3783**
393 KILLALY ST. E. PORT COLBORNE

Have You Got Yours Yet?

Do you want to support your Community while you save money?
Well now you can! The Get it in Port Shopping Card is Here!
www.getitinport.com

Beginning July 2, 2010 you can get our Card Package at the following locations:

- TD Bank • Meridian Credit Union • Port Colborne Visitors Centre • Port Cares
- Community Living • PC Hospital Gift Shop • Showboat Theatre • The Salvation Army

Program Sponsors








Only \$20.00 for over \$1500.00 worth of local savings!

Get it in Port Shopping Card

\$10.00 of every sale goes to support local community groups.

64310187

■ AGRICULTURE: Provincial food bank association joins forces with Ontario farmers to feed the hungry

From farm to the table for Niagara's less fortunate

MONIQUE BEECH
QMI Agency

Fresh fruits and vegetables straight from Ontario farms will be heading to Niagara food banks as part of a new provincewide initiative.

Called Community Harvest Ontario, the idea is to connect food banks with the province's 120 food banks and get greater amounts of fresh, healthy, local foods to those in need.

The goal of the Ontario Association of Food Banks food-sharing program, which launched Wednesday, is to distribute an extra 500,000 pounds of fresh food this year and up to 2 million pounds more within three years.

A portion of the goods will be sent from the Hamilton Food Share, a distribution hub, to sites in Niagara, including Community Care of St. Catharines and Thorold. While most local Niagara farmers are already generous to local food banks, more fresh fruits and vegetables are always welcome, said Betty-Lou Souter, CEO of Community Care, which also operates a food bank in Beamsville.

Souter said people living on the poverty line often can't afford fresh tomatoes, eggplants, peppers and peaches. There's never enough fruit and vegetables to go around at food banks, she said.

"Anything where you can get more fresh fruit and vegetables into people is extraordinary in my opinion," Souter said.

"We all know the obesity

rates in children, it's frightening. They just don't eat enough. When they're on (money) restricted diets, they eat what's in them. What they eat isn't healthy fruits and vegetables."

The provincial food bank association is encouraging farmers to donate extra produce that may not make the grade to sell at traditional markets because of shape, colour or size.

It's also hoping to find farmers willing to dedicate some of their land to growing produce for local food banks.

Currently, the association is working with six farms in Thunder Bay, London, Leamington, Brantford, Guelph and Markham. The association covers the cost of production.

Among the participating farms is Plan b organic farms in Brantford, Ont., which will be participating this fall in the Hamilton food bank. Any leftovers will go to other food banks, including Niagara.

C O - O W N E R Alvaro Venturilli said the venture will help those on the poverty line. But the \$37,500 he received to grow the food will barely cover his labour expenses.

"We'd like to see people who aren't just the rich and wealthy be able to eat organic right?" said Venturilli, who previously used to work for banks for years and has rented 25 acres for the project to grow potatoes, carrots, onions and green beans.

"It seemed like a no-brainer."

Adam Spence, the association's executive director, said the network is looking for more project sites, including some in Niagara.

"We want to reach out to local farmers and packers in the Niagara region because there is tremendous potential there with all the high-quality fruits, in particular for low-income Ontarians," Spence said.

Spence said several farmers already deliver everything from tomatoes to eggplant to cherries to the food bank.

Community Care also runs Community Harvest Days in August, where area residents can contribute extra fruits and vegetables from their backyard gardens.

The Good Food Box program out of Welland offers local fruits and vegetables at a reduced cost.

The provincial food bank network is looking for volunteers to help pack and distribute at farms that have extra produce. Donations to pay for the food program are accepted.

For more information, go to the Community Harvest Ontario website at <http://www.osfb.ca/chao.html>.

mbeech@
stcahrinesstandard.ca

JULIE JOSCAK QMI Agency
Ruth Erkelens, a volunteer at Community Care of St. Catharines and Thorold in the food prep area, is photographed with some of the fresh fruits and vegetables that are available for its clients.



OCTOBER SALE in JULY!

Buy now while there is still a great selection instead of waiting for the October leftovers!

Be sure to pick up your FREE GUIDE to successful planting in the summer!

ALL
TREES
SHRUBS
& VINES

50% off

PERENNIALS 10% off

MANY
IN-STORE
SPECIALS!

OPEN DAILY - MON. - SAT. 8AM TO 8PM SUN. 9AM - 5PM • 19 LINCOLN ST., WELLAND • 905.732.5123

PAUL'S II.
GARDEN CENTRE
AND GIFT STORE

Open 7 Days A Week!
PREMIUM PRODUCTS. GREAT SERVICE,
FAIR PRICES... ALWAYS!

Drop by to find these specials at...

SERVICE SPECIALS

Complete Fluid Flush
and Oil Change

INCLUDES:
Brake, Power Steering,
Coolant, Fuel System,
Transmission Flush.

\$399⁹⁹
NOW REG.
\$539⁹⁹

SAVE
\$140⁰⁰

DRIVE CLEAN
EMISSIONS TESTING

DON'T PASS...
DON'T PAY

APPT. MAY NOT BE NECESSARY.
SEE STORE FOR DETAILS.

GREAT PRICES on EVERYDAY ESSENTIALS



Neilson Milk
4L Bags of skim,
1% or 2% milk.
53-9560X
\$3.99
EACH



Dempster's Bread
100% Whole Wheat
or White.
53-9724X
\$1.99
EACH



One Dozen Large Eggs
53-9453-2
\$1.99
DOZEN

WELLAND LOCATION ONLY



Spinosa's
Welland
Bakery

Assorted Bread
and Buns

\$2.25

Spinosa's Welland
Bakery Pizza

Support local Welland business.
Spinosa's Welland Bakery
Fresh Pepperoni Pizza.

\$5.00
EACH



CANADIAN TIRE

Welland
158 Primeway Drive

■ PROJECT: Staff to review costs, design features

Pelham youths want skate park built

MARYANN FIRTH
Tribune Staff

PELHAM — If you build it, they will skate.

Town council reviewed a letter from area youth during Monday night's council meeting. Their request was simple — they want a skate or BMX park built within the town.

The letter was written by 11-year-old Bailey Neufeld, and signed by more than 30 other youth from the area.

Neufeld said there's a lack of places to skateboard or BMX in Pelham, driving youths to the roadways, which can be dangerous.

This isn't the first time the request for a skate or BMX

park has come before council, said Ward 2 Coun. Sharon Cook.

Not only has it come before council, the desire for that type of park has been brought up at Pelham's youth forums, she said.

Cook said it's time the town "start playing closer attention" to the wants and needs

of area youth.

"We've asked for their input and they've given it. Now we need to act on it."

Ward 2 Coun. Dave Evans wants to see the ideas referred to staff immediately, so, if approved, the facility could be built in time to be used by the youth who signed the letter.

Ward 3 Coun. John Durley asked that the request not only be sent to the town's recreational facilities committee, but also to staff for review of costs and potential fees others included in these types of parks. His recommendation was approved by council.

mfirth@wellandtribune.ca

 We've asked for their input and they've given it. Now we need to act on it."

Sharon Cook
Pelham councillor, Ward 2



GIANT TIGER

Fonthill Location ONLY! Fri., July 23rd, Sat., July 24th & Sun. July 25th



Assorted Bath Mats 20"x32" Reg. \$12



13 w Micro Spiral Bulb

Reg. \$2.97



6 Piece Embroidered Bath Towel Set

Reg. \$10



Assorted Single Sheets

Fitted or Flat. Twin, Double, Queen & King



Always Fresh Container

As seen on TV

Reg. \$9.97



MAJOR RETAILER ORDER CANCELLATION! wide selection of Area Rugs

5'x8'
\$69.97-\$99.97

Compare #
299.99

8'x10'
\$149.97-\$249.97

Compare #
599.99

ONLY
AT...

#20 HWY 20 FONTHILL



■ ROWING: Kayla Wakulich, Trofym Anderson

South Niagara rowers named to national crews

JOHN VESSEY
PelhamNews Staff

Trofym Anderson went from attempting to make the Canadian junior national team to now trying to earn a medal at the World Rowing Junior Championships in the Czech Republic.

Last week, the 18-year-old Pelham resident was told he was on the team of 13 men that will be heading to the village of Racice to race from Aug. 4 to Aug. 8.

The South Niagara Rowing Club member has a seat in the men's eight with Caledon, Oak Brookville Rowing Club; Spencer Rowing, Calgary Rowing Club; Jamie Law-Smith, Montreal Rowing Club; Quinte Richardson Shawinigan Lake School; Steven Marino, St. George's School; and Christopher Marshall, Brockville. Peter O'Shaughnessy-Hunter, Brockville; and Ryan Sanders,



QMI Agency

Pelham resident Trofym Anderson, 18, will be heading to the Czech Republic in early August to compete in the world junior rowing championships.

St. Catharines Rowing Club Secondary School student The men's coach is Gavin McKey.

Anderson's South Niagara clubmate, Kayla Wakulich, has been named to the women's team that will be coached by Phil Marshall.

The E.L. Crossley

will be racing in the women's quad at the world championships with Renae Barto from Regina Rowing Club and St. Mississauga's Erin Sunrose, both from the St. Catharines Rowing Club.

"This will be the first world

championships for the 17-year-old daughter of Perry and Dianne Wakulich, but she has already become a familiar face in the winner's circle.

Since taking up the sport four years ago, Wakulich has won six gold medals at the

Canadian high school championships, three at the Royal Canadian Henley Regatta as well as a gold medal in the three trials the Stobesbury Cup Regatta in Philadelphia.

In the Czech Republic, she will be cheered on by her parents as well as her grandparents, Jim and Pierrette Etzel.

"For the worlds will be my family affair," Dianne Wakulich said Thursday.

For Anderson, being selected to the junior national team means his effort and hard work over the past few months has paid dividends.

"I'm pretty excited," he said. "I'm ready to go." Anderson said in a telephone interview from Victoria, B.C., where his national team selection took place.

The Crossley graduate has a busy summer and fall ahead. He'll be staying in Britain to train with the British team, to train before flying to Europe for the worlds. After he returns



QMI Agency

South Niagara Rowing Club member Kayla Wakulich has been named to the women's national junior rowing team.

home, Anderson won't unpack his bags because he'll be traveling to George Washington University in Washington, D.C., where he will be studying business on a rowing scholarship.



THE ART OF SHOPPING & DINING

QUEEN STREET, NIAGARA FALLS

Mobile: text queenstnf to 71297, charges may apply

ART GALLERIES

Maestro Angelo Rossi Galleria, Edward Spera Gallery, Historic Niagara Artist Exhibition Centre, Dawk's Art, John Newby Gallery, Voices - Aboriginal Expressions Through Arts, Dermot O'Kane Gallery

BOUTIQUES

Butterfly Gallery, Russell's Interiors, Cranberry Creek, Hibiscus, Roberts Jewellers, The Queen Muse, FRESH Floral Design, Unique Florist, Dress Up Time, The Wedding Museum, Maiden Niagara, Big Brother Nearly New Store

RESTAURANTS

Balzac's Coffee House, That's Amore Pizzeria, Paris Crêpes Bistro, Hi-Lite Restaurant, The Butterly/Henry the VIII Feast, Midé Bistro, My Country Deli, Taps BrewHouse and Restaurant, The Queens Restaurant,

Grand Central Sports Restaurant, Cafe Nautica, Autumn Moon, The Niagara, Euro Cafe

SWEETS & TREATS

The Cocoa Bean Shoppe, Moodie's Bakery, Niagara Markets

BEAUTY

Adonis Salon, BelleZZa Hair Studio & Esthetics, Hair Lovers Place, Salon Tranquility, Mirelle's Hair Studio, Cavalier Men's Hairstyling, Well2Do

HOBBIES

The Camera Place, Pulp Comics, Pedlar's Bicycle Shop, Eagle's Nest, Tim's Place Antiques, Operation Misison, AJ's Music, Ragged Glory



**Downtown
Niagara Falls**
© 2010 QMI Agency Inc.

QUEEN STREET, NIAGARA FALLS ON - WWW.QUEENSTREETNIAGARAFALLS.COM

■ SOFTBALL: Junior Division softball hits the diamonds

Lampmans drops Lodde, Duliban edges out victory

For PelhamNEWS

On July 5, Herb Lodde & Sons Roofing and Painting's Furniture in Fenwick Softball junior division. Lampman's came out as visitors in a close 12-7 decision.

Ethan Guitard had a nice run at third base for Lodde from a throw by Tommy Carson.

Lampman Stats: Spencer Kleniewski (single), Lauren Mancino (single, double, triple, 2 runs, 2 doubles), Jenna Veerman (single, double), Krystyna Augustyn (two singles).

Lodde Stats: William Guitard (triple), Ethan Guitard (triple), Kaleigh Smith (single).

July 12, Lodde faced Duliban from the south. Duliban was calling out a solid class 7-5 victory. Ethan Guitard for Lodde tagged out Abigail

George of Duliban at home plate for the second out in the first inning. William Guitard stopped a ball from Cameron Farion and touched first base for an out for Lodde in the third. Andrew Guitard made a nice run for Lodde in the cut field.

Duliban Stats: Anthony Perna (single), Josh George (single, home run), Evan Howey (2 doubles), Brodie Morabito (single).

Lodde Stats: Kaleigh Smith (home run), William Guitard (triple), Ethan Guitard (homeroom), Daniel Guitard (triple).

July 13th, once again Lodde played an exciting 4.5 innings versus Lampman's. Lampman's squeeked out another 11-9 victory. Daniel Guitard got Emmerson Secord to score in the fourth inning for Lodde. Taryn Petrovski tagged Lodde out Abigail

Farion out at third in the second for Lodde by throws from William Guitard. Kaleigh Smith got Jenna Veerman out at first in the first inning.

Lampman Stats: Lauren Mancino

(homeroom), Michael Dykstra (single), Ryan Dykstra (3 homerooms), Kaitlyn Reece (homeroom, single), Spencer Kleniewski (single), Braiden Lenev (single, triple), Emmerson Secord

(double), Darren Sojka (single). Lodde Stats: William Guitard (single), Daniel Guitard (2 singles), Taryn Petrovski (triple), Ethan Guitard (2 singles), Kaleigh Smith (triple).

AIR DUCT SYSTEM CLEANING

all
CLEAN
cleaning services

Print to Order
Furnace & Air System

Do you suffer from headaches,
allergies, asthma or nasal congestion?
Clean Air Ducts can help
you breathe easier.

Summer Savings!

www.allcleaning.ca

AIR DUCT CLEANING
SAVE \$30

INCLUDES ALL HOOK UPS
The 21st June 2010 - \$2 off with \$100 purchase

FREE Disinfectant
SAVE \$39

INCLUDES ALL HOOK UPS
of duct work (value \$39)

DUCT REPAIR
100% Leaked Ductwork
INCLUDES ALL HOOK UPS

DUCT VENT CLEANING
INCLUDES ALL HOOK UPS

Clear ducts reduces energy costs

Customer Satisfaction Guaranteed

Over 17 Years Experience

"We care about the Air You Breathe."

Trusted Professional Carpet Cleaning & Air Duct System Cleaning Services

905-834-4499

Port Colborne, ON

SERVING THE NIAGARA REGION

Services:
• Mold • Mildew
• Fungus • Dirt
• Carpet
• Cigarette Residue
• Pet Hair • Pollution
• Dust Mites
• Indoor air is 70% More Pollutant than outdoor air
• Clean ducts reduces Gas/Hydres Bills

Customer Satisfaction Guaranteed

Over 17 Years Experience

"We care about the Air You Breathe."

Trusted Professional Carpet Cleaning & Air Duct System Cleaning Services

CARPET CLEANING

SUMMER SAVINGS!

**OUR ADVANCED
TWO-STEP CARPET
DEEP CLEANING
SYSTEM**

**ROTO
CLEANING**
Releases Embedded Soil

**STEAM
CLEANING**
Glosses & Extracts

Carpet Cleaning
SAVE \$20

• Living Room • Dining Room
• Bed Room • Kitchen
• Adjusting Hall UP TO 300 ft.²

Reg. \$85
\$69
Expires Aug 31/10

Upholstery Cleaning
SAVE \$20

Sofa & Chair
"Exclusive for Residential & Offices"

Reg. \$84
\$64
Expires Aug 31/10

House Special
SAVE \$50

• Living Room • Dining Room
• Bed Room • Kitchen
• Adjusting Hall UP TO 100 ft.²

Reg. \$169
\$119
Expires Aug 31/10

Port Colborne, ON
Serving the Niagara Region
Residential & Commercial
Airduct Service Cleaning Services

905-834-4499
Visit www.allcleaning.ca

SIZZLING SUMMER Subscriptions

What a Great Read!

The Welland Tribune
is an excellent local News
and Entertainment package!



SPECIAL
13 weeks for only
\$29.99

ALL ORDERS MUST BE PREPAID

Only .38 cents PER DAY!

DON'T MISS THIS HOT DEAL!

Fill out the form below or call:
905-732-2411 ext.0

I would like to subscribe to
The Welland Tribune for 13 weeks.
Enclosed is my payment of \$29.99.

Yes

Name:

Address:

City:

Postal Code:

Credit card #:

Credit card type:

Phone #:

Expiry:

Mail to: The Welland Tribune, P.O. Box 278
228 East Main St. Welland, ON L3B 5P5

sports

■ ROWING: Brendan Coffey, Ben Cuschnie

Pelham pair compete at both Henleys

BERND FRANKE,
Pelham News Staff

This country's premier rowing event, the Royal Canadian Henley Regatta, is hardly a comfortable float on Martindale Pond as far as effort and execution are concerned.

However, for two Brock University rowers, next month's race in St. Catharines is expected to be much smoother sailing compared to what they experienced when they raced as part of a men's eight at the Henley on the other side of the pond.

At Henley on the Thames in England, Brendan Coffey and Ben Cuschnie not only had to get used to rowing a greater distance, 2,112 metres compared to the 2,000-metre standard at regattas in Canada, the longtime friends and all-around university School graduates also had to get accustomed to racing against the current.

"You're always rowing against the flow and sometimes the current can be strong. That's why the times from the English regatta seem slow compared to our winning times here," said Cuschnie, 20, who will begin his third year majoring in business administration at Brock when classes resume in September.

Their crew, which was preselected to compete at the prestigious international



BERND FRANKE Staff Photo

Pelham residents Brendan Coffey, left, and Ben Cuschnie prepared for next month's Royal Canadian Henley Regatta in St. Catharines by competing at the real thing: Henley on the Thames in England. They were part of a Brock University men's eight that advanced to the quarterfinals in a crowded field that included 65 entries in their event alone.

competition after first place finish at the Dan Vall Regatta in Philadelphia also found themselves against a current stronger than the current and world-class competition when the Brock eight arrived in the little community outside of London late last month. They had to contend with the wake from the random pleasure craft that shared the "perfectly straight" stretch of river who competed head

to head in match races.

"There were no markers on the course, so you have no idea of where you are going," Cuschnie said.

If that wasn't enough to throw a crew that also included Corey Brunton, Sylas Coletto, Josh Gracin, Travis King, Thomas Morley and coxswain Alexisa DeKaneas off coach Peter Somerville's race plan, there

was also the need to maintain focus amid the "festival-like atmosphere."

"It was pretty amazing. The whole event was like a festival more than anything," Cuschnie said in recalling that the banks were lined with upwards of 5,000 people for the June 30 to July 4 competition.

Brock held its own by competing in three races and advancing to the quarterfinals in a field that featured

65 entries and left crews no margin for error. For crews at the English Henley, every race counts.

"If you lose, then you're down," Cuschnie said.

Though disappointed that the Brock boat couldn't have made it deeper into the competition, Coffey wouldn't have missed the opportunity to row on the world's most historic course.

"It was amazing to be a

Other Golf Specials

Sunday/Monday Madness

Seniors \$29.99 & Day Members

18 Holes GOLF[®] \$29.99 GOLF & RIDE (with GPS) \$39.99

Tues. to Fri. 11am to 1pm

18 Holes GOLF & RIDE (with GPS) \$45.99

Wed. Senior Specials (ages 55+)

GOLF & GPS Riding Cart - 9 Holes \$34.99, 18 holes \$49.99

Saturday Afternoon - after 12pm

18 Holes GOLF \$49.99, with GPS Riding Cart \$59.99

*All prices plus taxes

part of those races. It was an amazing experience," said Coffey, a Brock kinesiology major who, along with Cuschnie, will be competing for Team Ontario at the Canadian Rowing Henley Regatta.

"I came back with more of a passion to race in the summer and in the fall."

Coffey, 22, credited Brock's strong showing at Henley on the Thames to three weeks of training against the current at the Badgers' home course on Martindale Pond. He added that ever-changing weather conditions on the St. Catharines course also helped greater in easing the adjustment required to make for racing in England.

"It was definitely a great place to train. On any given day, you can row against any number of conditions, from headwinds to tailwinds," Coffey said.

Though they're preparing to enter the third-and-final year of their university studies, respectively, Cuschnie and Coffey have no plans to give up rowing any time soon.

Both Pelham residents are looking forward to the Canadian Henley and enjoy a strong collegiate season with the Badgers in the fall.

After that, Cuschnie would like to try out for the under-23 national team, with Coffey setting his sights on the senior national team.

bjfranke@wellandtribune.ca

plus... up to
1/2 off
Wine Sale

Every
Vintage VQA
Wine from
only \$37

ROCKWAY GLEN
GOLF COURSE & ESTATE WINERY

Our Famous Golf, Dine & Wine Packages
from \$65 per person

includes 18 holes Golf,
Riding Cart with GPS,
3 Course Dinner &
Glass of our VQA wine.
9 hole pkg. \$65.
18 hole pkg. \$85

3290 Ninth St. St. Catharines www.rockwayglen.com
905-641-4536 (Between St. Catharines & Jordan)



HERE'S our CARD

**Having Electrical Problems?
Get reliable professional service
at a reasonable price**

No Job Is Too Small!

Commercial • Industrial Residential
• Service panel upgrades • New wiring-rewiring
• Energy Efficient upgrades • Troubleshooting & Repairs

ACB Electrical

Alex Bover MASTER ELECTRICIAN abover@cogeco.ca ECRA#7003130

905-892-4988

www.acbelectrical.com

ACB Pressure Washing

High Powered Hot & Cold Pressure Washing

WE CLEAN: Siding, Decks, Concrete,
Stone, Fleets, Heavy Equipment

ALEX BOVER: 905-892-4988 • FENWICK

abover@cogeco.ca

J&S CONCRETE PUMPING

300 ft. 3" & 2.5" Line
Ideal for Crawl Spaces
Footings and Foundation
ICF and Poured Walls
Covering Radiant Tubing
Basement Floors
Outside Pads

DAVE 905-246-5669 Ridgeville

J&S

AUTO • TRUCK • INDUSTRIAL REPAIRS



JEFF PIETZ

Telephone
905-892-4271

278 Canboro Road West
Ridgeville, Ont. L0S 1M0

Handy Housewives
"Your extra pair of hands"

Senior Care

- Care giver relief
- Personal care
- Light housekeeping
- Meal preparation

**Helping to keep our seniors
in their own homes.**

We also do:
Interior/Exterior Maintenance
and Minor repairs

Call 289.686.0607

DO YOU HAVE ASH TREES?



Call **Bill Buchanan**, Board
Certified Master Arborist
for a free consultation on
how to protect your Ashes
from Emerald Ash Borer.

BUCHANAN
expert tree care

905-892-6579

Caltron Concrete Restoration Limited

- Water Stoppage Inside or
Outside Repair
- Parging
- Concrete Repair & New Concrete

5033 Swayze Dr., Phone: **905-374-9067**
Niagara Falls, Ontario Call: 905-328-1463

"Experts in Concrete Problems"
See Our Ad in the Yellow Pages



**MASONRY &
CONSTRUCTION**

- Brick • Block • Stone • Concrete
- Additions • Home Repairs
- Chimney Specialists

TOM DEAMUDE

Tel: 905-892-1924
Cell: 289-241-4767

BLUEWEST Equipment



**NOW
OPEN**



GEHL 

McCORMICK  **WOODS**

905-658-4842

If you would like to advertise in
this feature call Kim Fraser at
905-732-2411
ext. 458



**IRONWOOD DECK
& FENCE CO.**

- Decks • Fences • Pergolas
- Arbors • Sheds
- Custom Projects

(905) 651-2294

www.gardenstructure.com





Visit your Local Merchants



**SUMMER is
HERE!!
Temperatures
are Rising!!**

WE SERVICE ALL MAKES & MODELS

- MAINTENANCE
- FURNACES
- AIR CONDITIONING

BOB REID

Heating & Air Conditioning
Residential - Commercial

9 0 5 - 8 9 2 - 7 7 8 7
FAMILY OWNED AND OPERATED

6457018



BREW ON PREMISE

BREW & WINE SUPPLIES

Ron Kazub, BREW MASTER

- 120 styles of Wine available at all times
- We provide expert advice on the best choices of wine to make
- Carbonated wines for that special occasion
- We cater to the do-it-yourselfer with kits, advice & equipment

Let us help you Celebrate Your Wedding or Anniversary in Style

FREE BOTTLES WITH YOUR FIRST BATCH

Phone: (905) 892-3133
Toll Free: 1-888-768-9463

Visit us at 191 Highway 20 East in Fonthill (at Kira Road)



**FONTHILL
LASER CLINIC**

Located inside Fonthill
Massage Therapy Clinic

**New!! BOTOX
AND
FILLERS**

We are happy to announce that Nurse Injector Christine Wood from Body Language Medical Aesthetics will be offering Botox (cosmetic and medical) as well as fillers at our location.

Medical Director for body language Medical Aesthetics is



Dr. Michael Boucher.
Free consultations.
By appointment only:

21 Hwy 20, Fonthill
(across from Shoppers)
905.892.7615

VISA
MasterCard

PelhamNEWS

**TO ADVERTISE
HERE CALL KIM**

905.732.2414 ex.458

1481700

classifiedextra.ca

Canada's largest and most trusted
print and online classifieds network



Product/A250 Farmers Market

BLUEBERRIES PYO,
all day long.
1237 Merrifield Hwy.
10m N of Saucier Mill.
Weston Rd. 10am-
Sun 1pm. Pickings info:
(905)368-4234

BRY-ANNE FARMS
Request your
Pick Your Own
or Fresh Picked
471-5000, Ext. 1000
Fenwick

Mon.-Fri. 9am - 8pm
Sat. 9am - 8pm
Sun. 9am - 5pm
Call for conditions

Agriculture Wmn on
1-866-541-6757

DEVINES FRUIT FARM
Great selection of farm
fresh fruit & vegetables
5555 10th Line, West
of Fenwick
Cell 905-692-4724
5 Cased Barberry, 2-

DOUG'S
RASPBERRIES
and Mulberries
Pick your own!
MATHIAS FARMS
905-692-8166

Pets Agriculture

Dogs A310

DOG CLASSICS
CLASSES starting Sat,
July 24th at 10am.
Dare McMahons Dog
Academy. 905-356-4513
www.dogclassics.ca

Transportation

RECREATIONAL VEHICLES



Real Estate



Rentals

Apartments A600 Furnished

2 BDRM, min fl., 1 bath, \$775 incd. 1st/last.

289-690-7318 (voicemail)

1-866-541-6757

Classified Extra

Apartments A610 Unfurnished

1 BDRM & 1 bdr., 2

2 BDRM, 875 West Main St., Welland. Complete

rental. \$600+ hydro.

Reg. avail. Paid or part

month. Call 905-736-2895

or 1-866-541-6757

1 & 2 BDRM, 970 King St., Welland. Newer, 1st flr. 2nd flr. Secure building. Call 905-736-2895 or 1-866-541-6757

or 905-736-0141

1 & 2 BDRM, 28 Mill St., Welland. 905-351-9007

or 905-685-6521

1-866-541-6757

classifiedextra.ca

147 LARCHWOOD

1 BDRM, 1 bath, open concept, Kitchen,

great room, 905-736-1100, \$740-\$830

1 BDRM, \$650, 1 bath, A vail., 1 m e d.

first/last, (905)324-2634

Unique

8 BDRM Available

\$5,800+ hydro. Call

(905)324-1666

1 BDRM, Downtown

Furnished. 1 bath, A vail., 1 m e d.

first/last, (905)324-2634

Unique

2 BDRM Available

\$2,900/month.

1 BDRM, 1 bath, A vail.

PUPO'S

Corner of Maple Ave. and Prince Charles Drive

SPECIALS in effect Fri. July 23rd to closing Thurs. July 29th, 2010 • OPEN SAT. 8-6, SUN. 10-5, MON., TUES., WED. 9-6, THURS.-FRI. 9-9

FRESH CHICKEN BREASTS HALVES, NO BACKS ATTACHED

1/2 PRICE **1.99**
lb. Limit 3 pkgs.
CUT FROM ONTARIO AA AND AAA BEEF
NORWICH PACKERS CORN FEED

IDEAL FOR BAR-B-Q

FRESH PORK ITALIAN SAUSAGE

3.99
lb.

PUPO'S BAKERY

FRESH BAKED PANINI BUNS

2.50
lb.

CUT FROM CERTIFIED ANGUS AAA BEEF

BONELESS NEW YORK STRIP STEAKS

1/2 PRICE **6.99**
lb.

CUT FROM ONTARIO AA AND AAA BEEF
NORWICH PACKERS CORN FEED

BONELESS SIRLOIN TIP ROASTS AGED TO PERFECTION

SAVE 2.00 **3.99**
lb. Cuts from Ontario AA and AAA Beef
NORWICH PACKERS CORN FEED

DELI Specials

BLACK FOREST HAM **2.99**
lb. Cuts from Ontario AA and AAA Beef
NORWICH PACKERS CORN FEED

De's HAM KOLBASSEN **4.99**
lb. Cuts from Ontario AA and AAA Beef
NORWICH PACKERS CORN FEED

De's MOZZARELLA CHEESE **4.99**
lb. Cuts from Ontario AA and AAA Beef
NORWICH PACKERS CORN FEED

CUT FROM ONTARIO AA AND AAA BEEF
NORWICH PACKERS CORN FEED

BONELESS FAST FRY OR CUBE STEAKS

1/2 PRICE **4.99**
lb.

IDEAL FOR BAR-B-Q

FRESH PORK BONELESS LOIN PORK CHOPS

1/2 PRICE **2.99**
lb.

COUNTRY HARVEST WHOLE GRAINS BREAD

2/\$4
675g loaf
Medium, Marle, Mozzarella

BECEL MARGARINE

3.99
2 lb. tub
Save \$1.00

CUT FROM CANADA AA AND AAA BEEF

PUPO'S REGULAR GROUND BEEF

1.99
lb.
Compare the Quality

BLACK DIAMOND CHEESE

5.99
Medium, Marle, Mozzarella
500g block
Save \$2.50

D'ITALIANO BREAD

2/\$4
675 g loaf
Friday/Saturday/Sunday Only

CANADA DRY GINGER ALE

4.99
Case of 20
Reg. Price: \$7.99

CHAMPIONS PREMIUM ICE CREAM OR YOGURT

3.99
2 L tub
Save \$2.00

CLOVERLEAF FLAKED LIGHT TUNA

\$1
210g can
Medium, Marle, Mozzarella

CHRISTIES WHEAT THINS

2.29
250g bag
Medium, Marle, Mozzarella

OCEAN SPRAY CRANBERRY COCKTAIL

3.90
3.28 ltr
Medium, Marle, Mozzarella

MAXWELL HOUSE COFFEE

5.99
500 g bag
Medium, Marle, Mozzarella

NOW AVAILABLE: Local Grown Field Tomatoes

NO. 1 GRADE ONTARIO, FRESH FROM THE GROWER PEACHES

3.99
5 Lb. basket
Cored ready to eat

NO. 1 GRADE WASHINGTON SWEET LARGE SIZE CHERRIES

3.99
LB.
Large size

NO. 1 GRADE MANITOBA "LARGE SIZE" BROCCOLI

1.29
BUNCH
Large size

CORED READY TO EAT GOLDEN PINEAPPLE

3.99
EA.
Large size

NO. 1 GRADE R.C. CANADIAN BLUEBERRIES

2.50
Full pints
Large size

NO. 1 GRADE ONTARIO CELERY HEARTS

1.29
EA.
Large size

NO. 1 GRADE ONTARIO ROMAINE LETTUCE

.89
EA.
Large size

■ CHARITY: Fundraiser Aug. 15

Cyclists sought for heart and stroke ride

For PelhamNEWS

of your customers likely don't know, and ignorance isn't bliss. Heart disease and stroke are already the No. 1 killer of Canadians both women and men.

Between 1994 and 2005, Canadians' rates of the most serious risk factors for those diseases rose dramatically: blood pressure sky rocketed by 77%, diabetes shot up by 45% and obesity rose by 18%.

Among Canadians aged 40-49, high blood pressure increased by 127%, diabetes by 64% and obesity by 20%. Every year, more than 100,000 Canadians die from heart disease and stroke than all forms of cancer combined, and this rate is rapidly worsening.

Childhood obesity rates have doubled over the past 25 years and rapidly increasing rates of cardiovascular risk factors among children mean that today's parents' worst nightmare — that they will outlive their children — is threatening to become a reality.

According to our researchers, however, there is still hope, because 40% of premature deaths occur due to poor health behavior, which our public health initiatives are working hard to change.

In fact, healthy behavior can reduce 8 out of the 10 leading causes of cardiovascular disease, and a concerted program of cardiovascular research and public health information is capable of decreasing the annual death toll from heart disease and stroke by 25%!

The Heart and Stroke Foundation's 2010 Annual Report on Canadians' Health warned that, without swift action, a "perfect storm" of risk factors and demographic changes is threatening to change our communities.

Here are just a few of the alarming statistics that many

This year we hope to engage more participants from within Niagara and introduce them to this great event which embodies personal challenge and an opportunity to impact Canada's leading cause of death for both men and woman."

Sara Belanger, Heart and Stroke Foundation